



Heritage Center

The Heritage Center is 55+

February 2016 Supplement

#10 E. 6150 S.
801-264-2635
www.murray.utah.gov

Accredited by 
National Institute of
Senior Centers

Aging Mastery Program AMP

Space is available for the Aging Mastery Program starting on **Thursday, February 25** from 6:00-7:30 PM. The 10-week course includes a light dinner and the cost is \$50 per person or \$90 for 2 people. Professionals from the community will help participants learn how to take an active part in their own aging. Flyers with presenter names and weekly topics are available at the front desk. Sign up now.

Thank You

Murray City

Fire and Police Department

Employees

They have been invited to lunch at the Center on February 9, 11, 12

Come and say hello and thank the great employees of the Murray City Fire and Police Department.

Donations are currently being accepted to pay for their meals.

Suggested donation is \$5

Director's Note — New Room Complete

Thank you to everyone who donated for the new room that was recently expanded. In the past three months, we collected \$6,000 to help cover some of the expenses. In total, donations accounted for over \$25,000 of the total project cost. We are excited to have new tables, a hair washing sink to expand our Barber program, and a large screen TV on the wall for presentations, movies, etc. A short ribbon cutting ceremony is planned for **Wednesday, February 3 at 11:15**. We'll have to make it short because the room is needed at 11:45 for the Tax Assistance program that starts that same day.

Speaking of tax assistance, did you know that volunteers from AARP will be at the Center every Wednesday afternoon from 12:30-3:30 to provide free tax consultations and preparation for tax payers with middle and low income, with special attention to those ages 60 and over. The sign up for this service will be different than in the past. Reservations can be made starting on **January 27** until the season is full. In the past, we have limited signups to one or two weeks in advance. This year we thought we'd open the entire season at the same time. We just ask that you make sure you mark your appointment on the calendar and not forget your day and time. This service is extremely popular and we hate to have the wonderful volunteers sitting idle because someone forgot or didn't cancel and especially because the service will fill up. Appointment times are also approximate times because we can't be sure how long each return will take. So please come ready to be patient if there is a slight wait. The season will run from February 3—April 13 and AARP has lined up five volunteers this year to help each week.

Thanks again for your help and support of the Heritage Center. We have the best Center in the state with the best patrons and volunteers! — *Susan*

St. Patrick's Day Fun—Friday, March 11



On **Friday, March 11** at 11:30 you will be entertained by Acadamh Rince Irish Dance School (pronounced "Aka-dove Rink-ah") from Murray, Utah. In 2015 they were the "Best Certified Irish Dance School" in the state of Utah. Corn Beef and Cabbage will be served at 12:00 after the performance. The cost is \$6 and tickets go on sale **Friday, February 19**. Seating is limited and you choose your table when purchasing your ticket. You may purchase up to 8 tickets.

2016

Heritage
Center
Events
Heritage
Center



#10 E. 6150 S.

(West of State)

801-264-2635

www.murray.utah.gov

heritage@murray.utah.gov

We are here to

serve you

Monday-Friday

8:00-4:30 and

Thursday until

10:00 PM

Monday	Tuesday
9:00 NIA 9:00 Watercolor 9:00 Computer Help 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 1:00 Movie: Mission Impossible 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts/ 1:00 Valentine Cards 1:00 Computer Help 2:00 Beginning Line Dancing
9:00 NIA 9:00 Watercolor 9:00 Computer Help 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 1:00 Movie: Pan 1:30 SLN: Science of Sled Dogs 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch Welcome Fire/Police 12:30 Exercise Help 12:45 Crafts / 1:00 Valentine Cards 1:00 Computer / Attorney 2:00 Beginning Line / Wood Craft
Center is Closed 	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing / 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:00 Medicare Counseling 12:30 Increase Happiness 12:30 Exercise Help 12:45 Crafts / 1:00 Computer Help 2:00 Beginning Line Dancing
9:00 NIA 9:00 Watercolor 9:00 Computer Help 9:30 Hardware Ranch Trip 10:15 Pickleball / 10:30 Meditation 11:00 Bridge Lessons 12:30 Genealogy Class 1:00 Movie: The Intern 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 9:30 AARP Smart Driving 10:30 Tai Chi / Vital Aging 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts / 1:00 Computer Help 2:00 Beginning Line Dancing
9:00 NIA 9:00 Watercolor 9:00 Computer Help 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 12:30 Genealogy Class 1:00 Dance Lessons 1:00 Movie: Bridge of Spies 2:00 Strength Conditioning	

Wednesday		Thursday		Friday	
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 11:00 Ribbon Cutting 11:15 Chair A'Robics 11:30-12:30 Birthday lunch 12:30 Taxes / Storytelling 12:45 Bingo / 1:00 Bridge	3	8:00 Pickleball Lessons 8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi / 11:00 Kingsbury 11:00 Blood Pressure/Glucose 11:30-12:30 Lunch / 12:30 Exercise 12:45 Happy Hats / 1:00 Computer 2:00 Strength Conditioning 5:45 Latin Dance Lessons 7:00 Dance	4	9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:15 Reader's Theater Play 12:30 Storytelling / R. Theater 12:45 Bingo / 1:00 Bridge	5
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Taxes / Storytelling 12:30 Stepping Up: Follow Up 12:45 Bingo / 1:00 Bridge	10	8:00 Pickleball Lessons 8:30 Ceramics 9:00 Stretch & Tone/Pickleball 9:30 The Leonardo 10:30 Tai Chi 11:30-12:30 Lunch Welcome Fire/Police 12:30 Exercise / 1:00 Computer 2:00 Strength Conditioning 3:30 Jam Session 5:45 Latin Dance Lessons 7:00 Dance / UTE RC	11	9:00 Zumba 9:00 Kingsbury Hall 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch Welcome Fire/Police 11:45 Massage 12:30 Reader's Theater 12:30 Storytelling 12:45 Bingo 1:00 Bridge	12
9:00 Painting 9:00 Grantsville Trip 9:15 Pinochle 10:00 Yoga 10:30 NO Transportation 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Taxes 12:30 Storytelling 12:45 Special Bingo 1:00 Bridge	17	8:00 Pickleball Lessons 8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Happy Hats 1:00 Computer Help 2:00 Strength Conditioning 5:45 Latin Dance Lessons 7:00 Dance	18	9:00 Zumba 10:00 Yoga 10:30 Transportation 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:30 Reader's Theater 12:45 Bingo 1:00 Bridge	19
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Taxes 12:30 Genealogy Class 12:45 Bingo / 1:00 Bridge	24	8:00 Pickleball Lessons 8:30 Ceramics 9:00 Stretch & Tone/Pickleball 9:30 Masonic Temple Trip / Toenail 10:30 Tai Chi / 11:30-12:30 Lunch 12:30 Exercise / 1:00 Computer 2:00 Strength Conditioning 5:45 Latin Dance Lessons 6:00 Aging Mastery 7:00 Dance	25	9:00 Zumba 10:00 Yoga 10:30 Social Security Class 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:30 Reader's Theater 12:45 Bingo 1:00 Bridge	26
<div> <div>Program Changes</div> <div> - The Experts with Arthritis Class scheduled for February 9 has been cancelled. - The March Wendover Trip date has changed to Thursday, March 17 at 8:30. This date is different than advertised in the Jan/Feb newsletter. Please note this date change. The cost is \$17 and advance signup and payment is needed. </div> </div>					

Program Reminders

some programs below
require reservations

Recreation

Jam Session — Thursday, Feb 11 at 3:30

Pickleball — Monday 10:15-12:00 and
Thursday beginners at 8:00, others 9:00-
11:00

Services

Blood Pressure and Glucose checks —
Thursday, Feb 4 at 11:00

Taxes — Wednesdays at 12:30

Attorney — Tuesday, Feb 9 at 1:00

Barbershop every Tuesday morning

Computer Help \$3 — Monday, Tuesday,
and Thursday

Massage Therapy — Fridays 11:45-3:45

Classes

Valentine Card Service — Tuesday, Feb 2
and 9 at 1:00

Senior Learning Network: The Science of
Sled Dogs — Monday, Feb. 8 at 1:30

Wood Craft: Kite — Tuesday, Feb 9 at
2:00

Reader's Theater — Fridays at 12:30

Medicare Counseling — Tuesday, Feb 16
at 12:00

Vital Aging: Achieving a Healthy Mind
and Soul — Tuesday, Feb 23 at 10:30

AARP Smart Driving — Tuesday, Feb 23
at 9:30

Social Security Class — Friday, Feb 26 at
10:30

Exercise every day — check the front
desk for a schedule of classes

Our Computer Lab will be closed from
12:30-1:30 on Mondays and Wednesdays
while our Genealogy Class is in session
from February 22 thru March 9.

Coming Soon....

Latinos in Action

Murray High Schools Latinos in Action Club (LIA) will be teaching Latin dance on **Thursday, February 4, 11, 18, and 25 from 5:45-6:45**. These are free dance lessons. Latinos in Action places a strong emphasis on education and leadership. One of the key parts of this program is that LIA peer mentors increase their learning by teaching others. These students are required to engage in service opportunities within their communities. Share the news and come and meet these students and learn some new dances. No sign up necessary.

Attorney Consultation — Change of time

The Center would like to thank Kyle Barrick for his help with the attorney program here at the Center. He will be with us on **Tuesday, February 9 from 1:00-3:00**. Kyle has been serving the Center since April of 2012. It has been wonderful to have someone willing to assist our participants with their legal questions. He will advise you or attempt to refer you to other sources of help but he will not attempt to represent you. Appointments are needed. Sign up now.

Happiness Continues in 2016

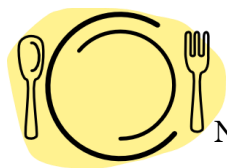
On **Tuesday, February 16 at 12:30**, Jody Davis will be back at the Center to share ways to find more happiness. This has been a popular class and many have asked him to come back. You may have not participated in the last Happiness class but that is not a problem, everyone is welcome. Often changes as we age lead to greater challenges and increased losses in life. You may find this class helpful in dealing with your emotions as the New Year is with us. Come and join in this discussion and discover some new ways to keep happiness in your life. This is a free class, register now.

Oil and Watercolor Class

Reminder ... the new six-session Wednesday Watercolor/Oil painting class with Teri begins on **Wednesday, February 24 from 9:00-12:00** and runs through **Wednesday, March 30**. Sign up begins February 9. Cost is **\$30**. Teri teaches both watercolor and oils to students in this class.

Watercolors Class—Painting Red Rock Country

John Fackrell will begin a new Watercolors class on **Monday, March 7** and it runs through **Monday, April 11**. Class time is **9:00-12:00** and the cost is **\$30**. Space is limited and sign up begins February 19. In this class you will learn how to paint the beautiful diverse landscapes of Utah's National Parks and Utah's unique Dead Horse Point and Snow Canyon State Parks. There is a trick and technique in painting the Red Rocks, to show their beauty and make the painting "believable" and dramatic. This is a first class to learn these successful techniques of glazing and over glazing, with emphasis of lifting techniques. John will supply the reference photos. Some prior Watercolor experience is necessary to participate. Supplies needed: 1 sheet 140lb cold press w.c. paper, 1" flat brush, #4 liner brush, 5/8 or 3/8 scrubber brush, and semi-transparent watercolors.



February 2016

Heritage Center Menu



NO RESERVATIONS NEEDED unless it is a *special event

Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option.

Prices range from \$2.00 - \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
1 No Lunch	2 CRANBERRY PECAN STUFFED CHICKEN Roasted Potatoes Brussels Sprouts Lemon Poppy Seed Cupcake	3 BEEF STROGANOFF Egg Noodles Carrots Birthday Cake & Ice Cream	4 TUSCAN GARLIC CHICKEN Pasta Broccoli Butterscotch Peach Cobbler	5 FISH TACOS Cilantro Salad Tres Leches Cake
8 No Lunch	9 SHRIMP & SAUSAGE ETOUFFEE Rice Greens King Cake Welcome Fire/Police	10 PULLED PORK SANDWICH Coleslaw Fruit Banana Caramel Poke Cake	11 POT ROAST Mashed Potatoes & Gravy Green Beans Berry Napoleon Welcome Fire/Police	12 FIESTA LIME CHICKEN Rice Tomatillo Salad Flan Welcome Fire/Police
15 CLOSED	16 GENERAL TSO'S CHICKEN Fried Won Tons Broccoli Red Velvet Cookies	17 TUNA CAKES Bacon and Corn Hash Green Salad Spumoni Cupcake	18 LASAGNA Caesar Salad Breadstick Ice Cream Sandwich	19 GREEK LEMON CHICKEN SOUP ½ Sandwich Fruit Banana Split Pie
22 No Lunch	23 PORK & CHILE ENCHILADAS Jalapeño Slaw Praline Cookies	24 CHICKEN PARMESAN Pasta Veggies Brownie Cupcake	25 PHILLY CHEESESTEAK SOUP Breadstick Fruit Orange Cookie Fluff	26 MEATLOAF Mashed Potatoes & Gravy Peas Apple Pie Cookies
29 No Lunch				